

1. A practice device to simulate skateboarding, comprising:
 - a. an elongated structure having a center section, a front section and a rear section, with the three sections having an adjoining upper surface and an adjoining lower surface;
 - b. the center section having a lower surface which is a smooth surface;
 - c. the front section extending at a 45 degree angle to the center section and the rear section extending at a 45 degree angle to the center section;
 - d. the upper surface of all three sections having a lowered interior area and a circumferential ridge extending along the circumference of the upper surface and extending inwardly such that a vertical wall is formed at the intersection of the interior portion of the circumferential ridge and the lowered interior area; and
 - e. the structure having at least one interior hollow chamber containing noisemaking material within the chamber.
2. A practice device to simulate skateboarding in accordance with Claim 1, wherein said noisemaking material is sand.
3. A practice device to simulate skateboarding in accordance with Claim 1, wherein said noisemaking material is beads.
4. A practice device to simulate skateboarding in accordance with Claim 1, wherein the device is made of plastic.
5. A practice device to simulate skateboarding in accordance with Claim 1, further comprising at least one grip pad on the lowered interior area of the upper surface.

6. A practice device to simulate skateboarding in accordance with Claim 1, further comprising at least one grip pad on the circumferential ridge on the upper surface.
7. A practice device to simulate skateboarding, comprising:
 - a. an elongated structure having a center section, a front section and a rear section, with the three sections having an adjoining upper surface and an adjoining lower surface;
 - 5 b. a center section having a lower surface which is a smooth surface;
 - c. a front section extending at a 45 degree angle to the center section and the rear section extending at a 45 degree angle to the center section; and
 - 10 d. an upper surface of all three sections having a lowered interior area and a circumferential ridge extending along the circumference of the upper surface and extending inwardly such that a vertical wall is formed at the intersection of the interior portion of the circumferential ridge and the lowered interior area.
8. A practice device to simulate skateboarding in accordance with Claim 7, wherein the device is made of plastic.
9. A practice device to simulate skateboarding in accordance with Claim 7, further comprising at least one grip pad on the lowered interior area of the upper surface.
10. A practice device to simulate skateboarding in accordance with Claim 7, further comprising at least one grip pad on the circumferential ridge on the upper surface.

11. A practice device to simulate skateboarding, comprising:
- a. an elongated structure having a center section, a front section and a rear section, with the three sections having an adjoining upper surface and an adjoining lower surface;
 - b. the center section having a lower surface which is a smooth surface;
 - c. the front section extending at an angle between 30 degrees and 50 degrees to the center section and the rear section extending at an angle between 30 degrees and 50 degrees to the center section; and
 - d. the upper surface of all three sections having a lowered interior area and a ridge extending along at least a portion of the circumference of the upper surface and extending inwardly such that the ridge adjoins the lowered interior area.
12. A practice device to simulate skateboarding in accordance with Claim 11, further comprising the structure having at least one interior hollow chamber containing noisemaking material within the chamber.
13. A practice device to simulate skateboarding in accordance with Claim 12, wherein said noisemaking material is sand.
14. A practice device to simulate skateboarding in accordance with Claim 12, wherein said noisemaking material is beads.
15. A practice device to simulate skateboarding in accordance with Claim 11, wherein the device is made of plastic.

16. A practice device to simulate skateboarding in accordance with Claim 11, further comprising at least one grip pad on the lowered interior area of the upper surface.
17. A practice device to simulate skateboarding in accordance with Claim 11, where the intersection of the interior portion of the circumferential ridge and the lowered interior area on the upper surface is formed as a vertical wall.